

Be Some Body

STUDENT SPOTLIGHT

Maria Lizano



It brings me great joy to announce Maria Lizano as the February Student Spotlight at Be Some Body Fitness & Pilates. Flashing back to the year 2011, Maria walked into Be Some Body and became a devoted Pilates class participant from the start. She was challenged with the

stability ball and the barre class, but her focus and efforts merited her success in strengthening her muscles, balance and confidence. She always continued participating in Pilates two to three times per week and developed a strong core, good posture and improved flexibility.

But, she didn't stop there! Cardio Dance with choreography and rhythms was a very new format for Maria. She practiced and would drop in early to class and practice intricate steps with me and by the time class began she was moving and grooving and enjoying improving her cardiovascular fitness. I admire her form, embracing challenge and her friendship. She is such a positive, supportive and compassionate student who is truly admired by all at the studio. There is no wonder that shares her birthday with my extraordinary Dad and shares the same wonderful attributes he had of being positive, supportive and a great listener.

Recently, I am so impressed of her attitude of establishing no boundaries with her new endeavor of PUMP class! She is spending Saturday mornings with me at the studio participating in two back to back classes. What a great accomplishment is realizing a few weeks ago she probably never believed her body could do what she is doing now for multiple weeks! I am certain soon she will lace up her sneakers and give it all she's got in a future Boot Camp Program! *♥ Melissa*

I'm thankful for the nomination of Student of the Month! I'm still surprised when Melissa told me. It is a fantastic gift since my birthday is in February. Exercise has been an on and off experience in my life, without finding an exercise routine that motivated me, until I met Melissa and Mat Pilates. Since then, more than 7 years ago, Pilates has been a constant companion in my life. It makes me feel more energetic, stronger, and happier with myself and life. It also has allowed me to swim better and yes, shovel snow without getting injured. Pilates has opened new possibilities for me: how I view my own body, how I can develop a: "I can attitude" and it has also helped me dissipate doubts.

I never imagined that I could do a barre or a stability ball class; I even tried the Cardio Dance class, if you know me, this is very daring for me. Through this journey, Melissa has always been supportive, encouraging, a good listener and very observant of my abilities. She pushes me with care and I know that if needed, there are the 3 magic words: You can modify!

This year, I decided to take a new challenge the PUMP class to gain more stamina. I couldn't understand how participants could sweat so much in that class until I joined. This is a high energy, demanding class that makes me work non-stop. I have to say, that I thought, I was not going to finish the first class but what a discovery, I love the intensity! This summer, my husband and I will hike in the Swiss Alps, where I will put to good use the stamina and energy of the PUMP class.

I know I have found a good fit between Mat Pilates, PUMP, Pilates Core, Stretch and Strengthen and Stability Ball. The camaraderie, laughter and enthusiasm of all participants provide an exceptional environment to continue on this journey. My gratitude to Melissa for her continual guidance, support and commitment to a healthier and balance life. Let's keep moving!

YOU NEVER KNOW YOUR LIMITS UNLESS
YOU PUSH YOURSELF TO THEM